



# LONG TERM CARE NEWSLETTER

**ISDH Long Term Care  
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## A Healthy Heart is a Great Valentine's Day Gift

INDIANAPOLIS-The heart is the symbol of Valentine's Day, but hearts are connected to the month of February in another important way. February is American Heart Month, a time to focus on ways to be heart healthy by learning about important screenings and prevention.

Heart disease is the number one killer of Hoosiers, and stroke is not far behind as the fourth leading cause of death in the state. Tobacco use, high blood pressure and high cholesterol all contribute to the risk of heart attacks, strokes and related vascular diseases, which kill more than 800,000 Americans each year-more than any other condition. Of these people, 150,000 are younger than age 65.

Approximately 25 percent of adults in Indiana smoke cigarettes. More than 30 percent of adults have been told they have high blood pressure and almost 40 percent have high cholesterol according to the 2010 Behavioral Risk Factor Surveillance System.

"We know that smoking and breathing secondhand smoke greatly contribute to a person's risk for heart disease, stroke and heart attack," said State Health Commissioner William VanNess II, M.D. "But it's important to remember that high blood pressure and high cholesterol are serious health threats as well. They are far too common and have no detectable symptoms. Being tobacco free and getting regular screenings can help reduce your risks."

According to the CDC Vital Signs report, in order to improve blood pressure and cholesterol control levels among U.S. adults, a comprehensive approach that involves policy and systems changes to improve health care access, improved quality of preventive care and better patient adherence to treatment is needed.

Dr. VanNess says individual healthy behaviors also play a critical role. "Hoosiers can take steps to lower cholesterol and blood pressure and improve their heart health by eating a diet that is low in sodium, total fat, saturated fat and cholesterol," said Dr. VanNess. "It also needs to be rich in fruits

and vegetables and balanced with health doses of exercise."

Even though the weather is cold, there are still activities for people who want to keep their hearts healthy during the winter. Follow the suggestions below from INShape Indiana:

- Exercise to DVDs or podcasts. Weather conditions should never prevent you from exercising. Consider renting an exercise DVD or downloading videos online and ask the family to join you.
- Take advantage of indoor community pools. Swimming is a great indoor activity and many communities in Indiana have pools open to the public year-round. Check with your local parks department, fitness facilities or schools.
- Try using resistance bands at work or home. Resistance bands are great for strengthening. Use these during your regular fitness routine or in between sedentary activities.
- Take the stairs. Climbing stairs versus taking the elevator is one of the greatest activities you can do during the day. Taking the stairs will burn calories and get your heart rate up.
- Go ice skating or skiing. Many facilities across the state offer ice skating or skiing during the winter. Participating in a winter sport will keep your fitness routine exciting and get you outdoors.
- Be a mall walker. If the streets and sidewalks are too icy or snowy, consider walking at the mall. Leave the wallet at home to focus solely on your exercise.

For additional tips on how to eat better, move more and avoid tobacco, visit the INShape Indiana website, [www.INShapeIndiana.org](http://www.INShapeIndiana.org). This year, the site has a whole new look and feel, including a "Community Corner" with resources to help Hoosiers who want to live healthier lives.

To visit the Indiana State Department of Health, go to [www.StateHealth.in.gov](http://www.StateHealth.in.gov).

## Healthcare Worker Safety and Health Initiative

INDIANAPOLIS (Feb. 5, 2013) - The Indiana Department of Labor launched a new statewide safety initiative aimed at reducing the high worker injury and illness rate prevalent throughout the healthcare industry.

According to the most recent statistics, healthcare has the second highest worker injury and illness rates in the state. Hoosiers who work in healthcare are more likely to become injured or ill than those who work in industries like manufacturing and construction, which are often assumed to have higher injury and illness risks.

"All Hoosier workers deserve the safest working environment possible," said Department of Labor Commissioner Sean Keefer. "The Indiana Department of Labor is reaching out to healthcare industry employers and employees and encouraging them to take a proactive role in making their safety and health a top priority."

The Indiana Department of Labor's initiative is focused on fighting the most common injuries and illnesses found within the healthcare industry. These include slips, trips and falls; repetitive stress injuries; incidental needlesticks; and exposure to blood-borne pathogens.

"Healthcare workers are extremely important to Hoosiers," said State Health Commissioner William C. VanNess II, M.D. "Continuing to support safe and healthy working environments for those workers allows Hoosiers to have access to the most qualified health care professionals available, improving

the overall health of our state."

The Indiana Department of Labor's OSHA Consultation Division, INSafe, will spearhead the educational efforts of the department. This outreach initiative will focus on providing and connecting employers and employees to available resources to ultimately make these establishments safer and healthier places to work and conduct business. Resources include articles for newsletters, flyers/posters, public service announcements, webpage banners, and more. Healthcare facilities targeted in this initiative include hospitals, nursing homes and residential care facilities.

Whether you are an employee or a health organization, you can learn more about how to make your workplace safer today by visiting <http://www.in.gov/dol/insafe.htm>.

## ISDH Updates

### **Reporting a Reasonable Suspicion of a Crime Information Center**

Pursuant to federal law, long term care facility staff ("covered individuals") are required to report to the State Survey Agency and the local law enforcement entity any reasonable suspicion of a crime committed against an individual who is a resident of, or is receiving care from, a long term care facility. The long term care facilities included in this reporting requirement are:

- Nursing facilities (NFs)
- Skilled nursing facilities (SNFs)
- Hospices that provide services in long term care facilities
- Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/IID, formerly ICF/MR)

The Indiana State Department of Health (ISDH) has created an online page with information about this reporting requirement. This web page is intended to provide employees and contractors of long term care facilities with information on reporting a reasonable suspicion of a crime against a resident. The *Reporting a crime against a resident information center* is located at <http://www.in.gov/isdh/25766.htm>.

### **Incident and Crime Reporting Forms**

The ISDH has been reviewing the reporting of reasonable suspicions of a crime against a resident as well as incident reporting. The potential penalties for failure to report a reasonable suspicion of a crime are substantial. Our goal is to encourage and achieve compliance with the reporting requirement.

The ISDH has continued to hear of confusion over the reporting requirements for reporting a crime and incident reporting. One issue has been what form goes with which reporting. Over the past few months, there have been instances where an event occurred that should have created a reasonable suspicion of a crime was not reported under that requirement. In some cases, we received an incident report but there was no report of suspicion of a crime. The reverse is also true where we received a suspicion of a crime report but no incident report when one should have been submitted.

To clarify this issue, the ISDH separated the reporting forms into an *Incident report form* and a *Reporting a crime against a resident form*. These forms were created to assist individuals in determining what information should be included in the report. If a reportable incident also results in a reasonable suspicion of a crime, then two reports would be submitted. This ensures that reporting is

appropriately credited. While we realize that this could create a duplication in reporting for the two purposes in a few cases, the penalties for failure to report are significant.

A second issue with reporting of crimes continues to be who is required to submit a report of a reasonable suspicion of a crime against a long term care resident. The intent was that any "covered individual" would report their suspicion to the ISDH and the local law enforcement entity. In its guidance letter, CMS recommended that each individual submit their own report. CMS guidance allowed an individual to submit a report on behalf of multiple covered individuals but they cautioned against that practice. The ISDH continues to hear of confusion over who should report and how that reporting should occur. The ISDH also finds that the training on this requirement is minimal. To address this concern, the ISDH is planning to develop an online training module for all covered individuals. We hope to have this completed within a few months.

Program pages on our web site include links to the forms. The updated forms are now available on Health Care Quality and Regulatory Commission program pages. The Commission home page is located at <http://www.in.gov/isdh/19041.htm>.

### **Reporting a Complaint**

As we were reviewing our program pages, we observed that we did not have an online form for individuals to report a complaint against a health care facility. With increased use of internet sites and familiarity with electronic documents, we decided to provide another option for consumer besides to toll-free complaint line, fax and email. A *Reporting a complaint form* has therefore been created and is available on the ISDH program pages along with the existing options.